



MOON *Journal*

Moon *Phases & Meaning*



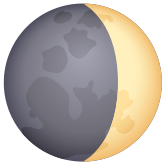
NEW MOON

- Set Intentions
- Ask for desires to manifest
- New Beginning



FULL MOON

- Act Fully
- Release and Let go
- Cleanse



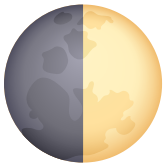
WAXING CRESCENT

- Energetic alignment
- Take action
- Speak positively



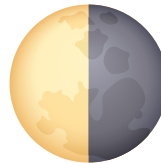
WANING GIBBOUS

- Let go of control
- Trust the Universe
- Cleanse energy



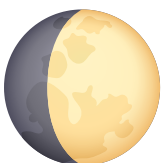
FIRST QUARTER

- Act on momentum
- Courage
- Build on plans



LAST QUARTER

- Let go of control
- Learn from the phase
- Purge energy



WAXING GIBBOUS

- Refine plans
- Patience
- Prepare and speak positively



WANING CRESCENT

- Ground & center energy
- Rest and relax
- Self care

New Moon *Card Spread*

DATE:

DECK:

1

2

3

What do I want to bring into reality now?

What do I need to change for this to come through?

What is my next step?

Full Moon *Card Spread*

DATE:

DECK:

1

2

3

What do I need to let go of?

How can I let this go?

What is my most powerful next step to manifest my intentions?

New Moon Manifesting



New moons are about new beginnings, planting new seeds, and releasing anything that is no longer serving you.

DATE:

SIGN:



Write Your Intentions, Dreams, Wishes, Desires:

Your Mantra:

Young Moon *Manifesting*



1/2 - 3 days after the new moon.

Focus on your goals and manifestations for this lunar cycle.

SIGN:



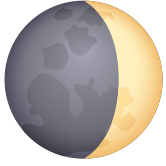
DATE:

What Do I Want to Manifest?

What New Project Do I Want to Begin?

What Seeds Am I Planning Right Now Towards My Bigger Goals?

Waxing Crescent Moon



3-7 days after the new moon.

The waxing crescent is a time to refine your goals and plans and take inspired action.

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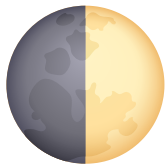
DATE:

What Are My Next Steps? What Opportunities Are Speaking to Me?

What Are My Intentions / Goals for These Next Steps?

What Can I Do To Increase My Trust In The Universe?

First Quarter Moon



7-10 days after the new moon.

The first quarter is the moon phase that starts to increase energy and illuminate any challenges to the seeds planted during your new moon ritual.

During this time, raise your vibration and speak intentions and affirmations to support your manifestation and overcome any obstacles.

SIGN:



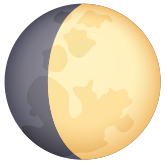
DATE:

What Challenges Are Presenting Themselves?

What Affirmations or Intentions Can Help Me Overcome These Challenges?

What Are My Priorities to Act Upon Right Now?

Waxing Gibbous Moon



10-15 days after the new moon.

Continue to refine your plans, take action, and speak positively to yourself. Put your trust in the Universe and know that your plans are coming to fruition.

DATE:

SIGN:



What Finishing Touches Do I Need to Add To My Projects?

What Inspired Action Can I Take Towards My Goals?

What Is The One Thing I Can Do Now and Trust It Is Right?

Full Moon Manifesting



15-18 days after the new moon.

The full moon is for celebrating and receiving the rewards of your work. Celebrate yourself and what you've accomplished so far.

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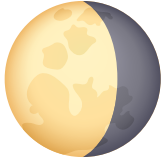


What Can I Celebrate Right Now?

What Do I Want to Learn Into More or Right Now?

What Am I Manifesting Right Now?

Waning Gibbous Moon



3-7 days after the full moon.

The waning gibbous is a time to release control, cleanse your energy, and put faith in the Universe. Turn your attention inwards, reflect, and meditation.

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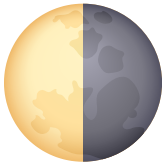


What Am I Grateful For?

What Am I Releasing That No Longer Serves Me?

What Will I Do Differently Next Time?

Last Quarter Moon



7-10 days after the full moon.

Reflect on what you've learned during this lunar cycle. Focus on what you might want to differently next time. Relax and take time for self-care if you're feeling depleted.

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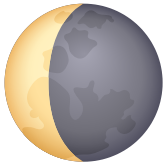
DATE:

What Can I Do For My Self Care?

What Came Up For Me That Needs Healing?

What Manifested For Me?

Waning Crescent Moon



10-15 days after the full moon.

Power down, practice self-care, and integrate lessons learned during the previous lunar cycle. Tie up any lingering loose ends.

SIGN:



DATE:

What Do I Need To Release Control Of?

What Do I Need To Open To Receive?

What Space Do I Need to Create In My Life?

Old Moon *Dark Moon*



15-18 days after the full moon.

Rest and relax. Make plenty of time for self-care and prepare for the new lunar cycle ahead.

SIGN:



DATE:

What Did I Learn During This Lunar Cycle?

What Do I Need To Freshen Up In My Life?

What Do I Need to Take a Break From?

Moon Manifesting Notes

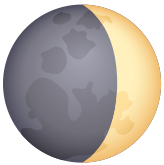
Month of: _____



NEW MOON



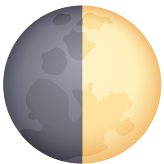
FULL MOON



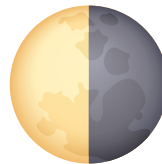
WAXING CRESCENT



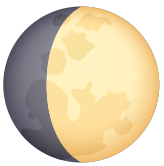
WANING GIBBOUS



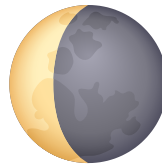
FIRST QUARTER



LAST QUARTER



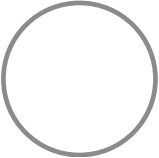
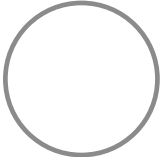
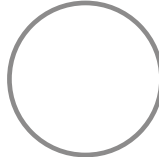
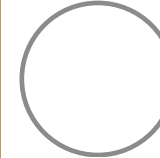
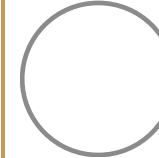
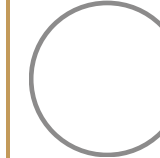
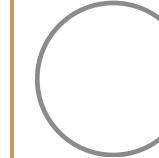
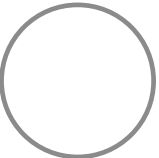
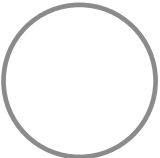
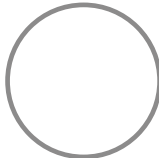
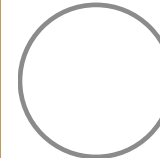
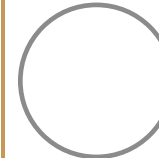
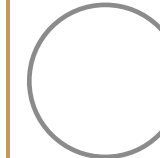
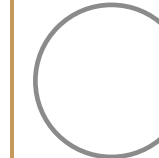
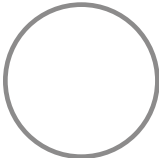
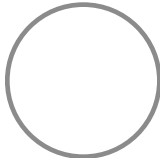
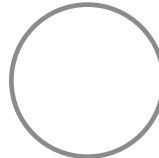
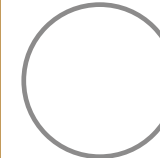
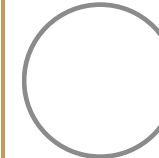
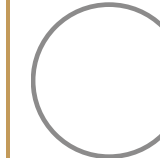
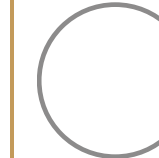
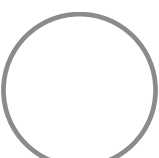
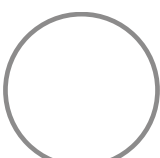
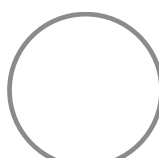
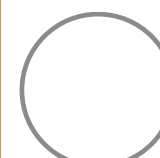
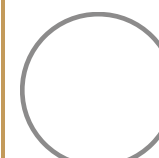
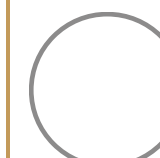
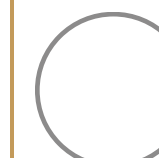
WAXING GIBBOUS



WANING CRESCENT

Monthly Moon Calendar

Month: _____

Mon 	Tue 	Wed 	Thu 	Fri 	Sat 	Sun 
Mon 	Tue 	Wed 	Thu 	Fri 	Sat 	Sun 
Mon 	Tue 	Wed 	Thu 	Fri 	Sat 	Sun 
Mon 	Tue 	Wed 	Thu 	Fri 	Sat 	Sun 

Monthly Moon Tracker

A circular monthly moon tracker chart. The chart consists of three concentric rings. The outermost ring contains 31 small circles for drawing the moon's phase. The middle ring is divided into 31 segments, each numbered from 1 to 31. The innermost ring is also divided into 31 segments, each numbered from 1 to 31. The numbers 1, 2, and 3 are written in orange in the first three segments of the innermost ring. The chart is designed to track the moon's phase and the user's mood (Positive, Negative, or Neutral) for each day of the month.

1 = MOON PHASE	2 = MORNING MOOD	3 = EVENING MOOD
P = POSITIVE	N = NEGATIVE	NEU = NEUTRAL

Monthly Moon *Phase*

NEW MOON



FIRST QUARTER



WAXING
CRESCENT



WAXING
GIBBOUS

FULL MOON



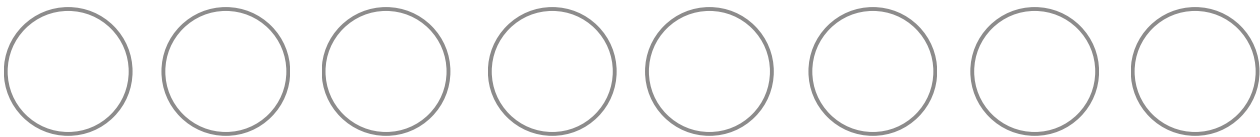
WANING
GIBBOUS

LAST QUARTER

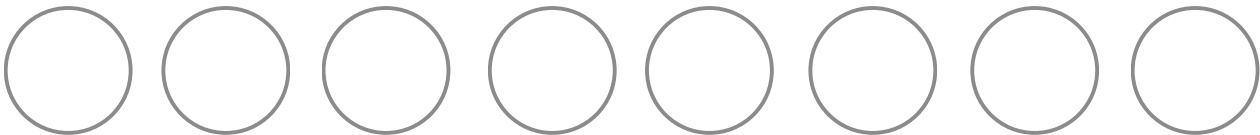


WANING
CRESCENT

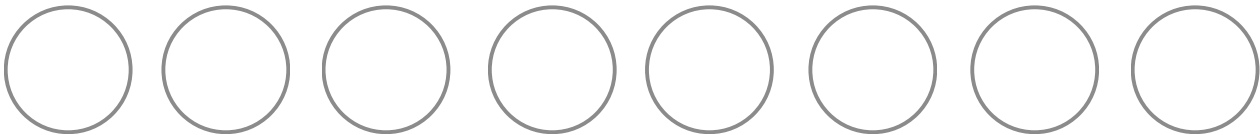
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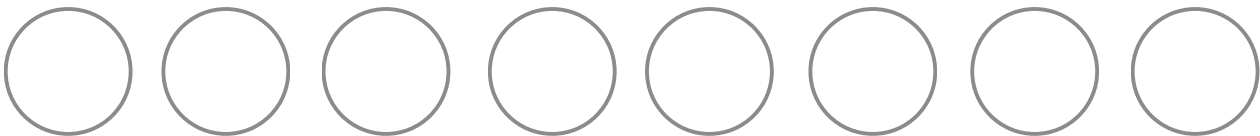
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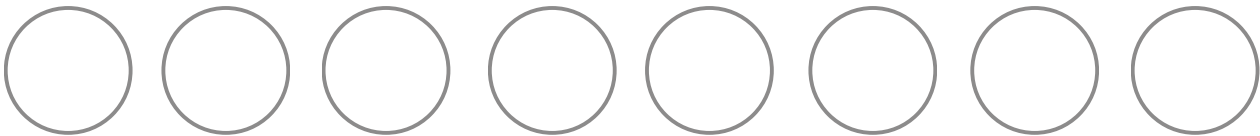
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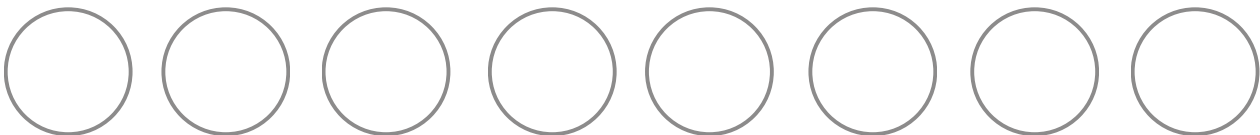
APRIL



MAY



JUNE



Monthly Moon *Phase*

NEW MOON



FIRST QUARTER



WAXING
CRESCENT



WAXING
GIBBOUS

FULL MOON



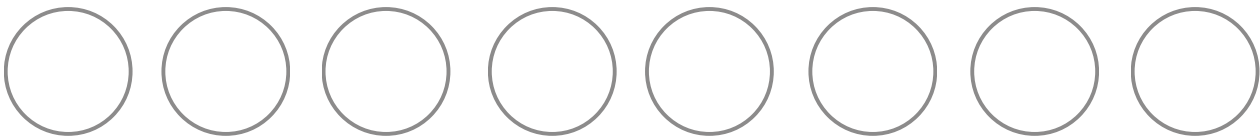
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GIBBOUS

LAST QUARTER

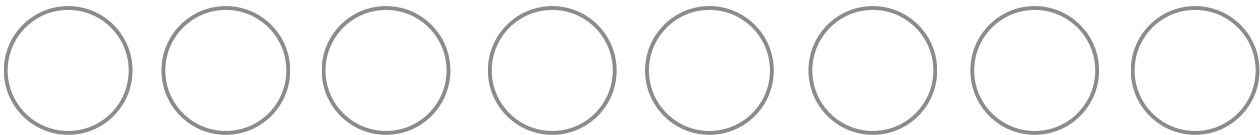


WANING
CRESCENT

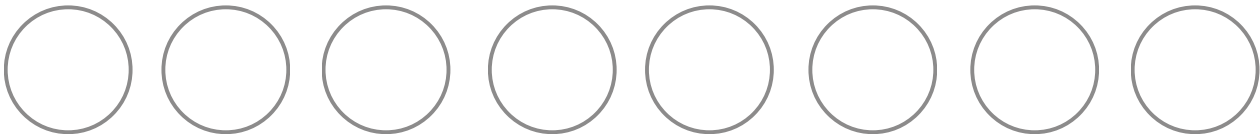
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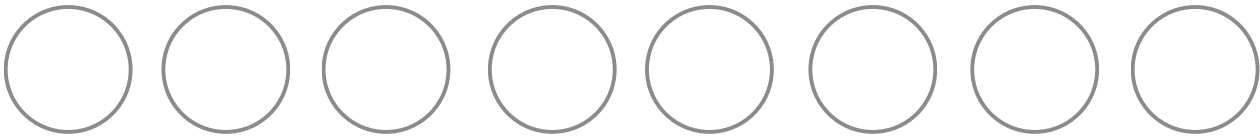
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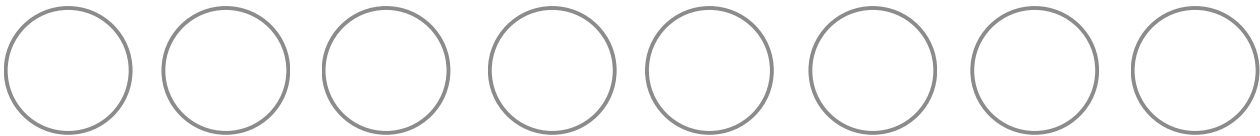
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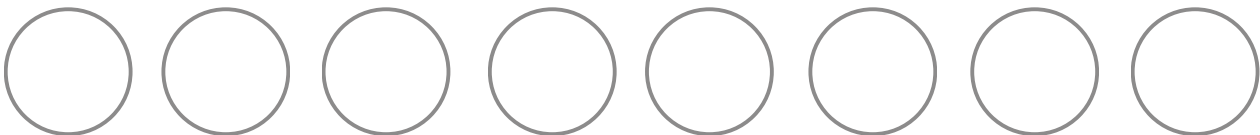
OCTOBER



NOVEMBER



DECEMBER



Journal Pages



Daily Planner

MOON PHASE:



DATE:

APPOINTMENTS:

GOALS:

AFFIRMATIONS:

TAROT/ORACLE CARD OF THE DAY:

MOON SIGN:



NOTES:

To Do *List*

MOON PHASE:



DATE:

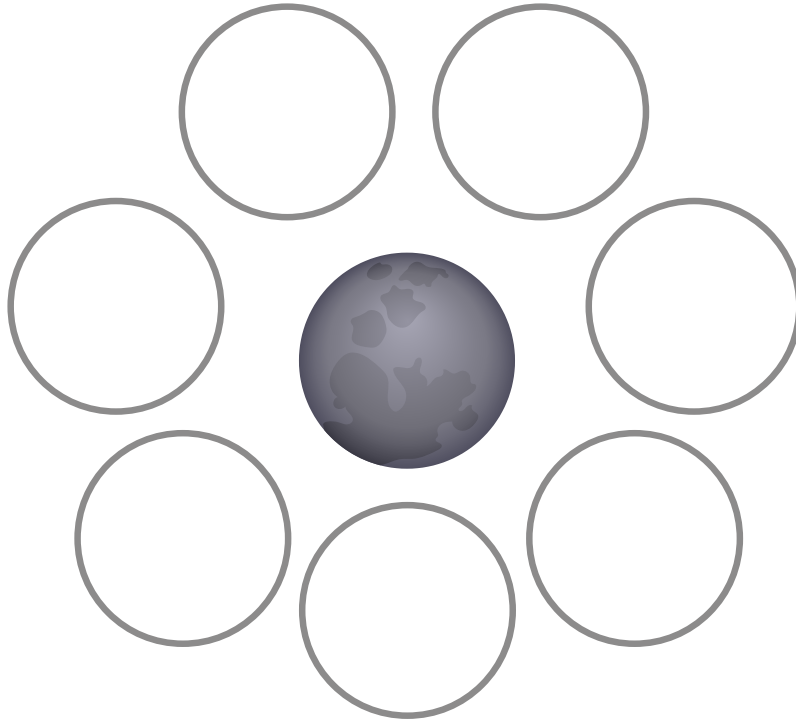
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QUICK REMINDERS:

Observation *Journal*

MOON PHASE:

DATE:



MY OBSERVATIONS:

My Vision Board

